



Mysterious Egypt



Sedona Soul Adventures

by Debra Stangl

Mysterious Egypt

All the basic information you need to know about the Pyramids, the Sphinx, the amazing temples and tombs, the Gods & Goddesses, and how to connect in with the energy of ancient Egypt.



Egypt is such an incredible place. I went there for the first time in 1983 and now I lead groups there each year.

In this Special Report we'll be covering

- I. A Very Brief History of Ancient Egypt
- II. Important Places in Spiritual Egypt
- III. The gods and goddesses of ancient Egypt

And at the end, we'll have a sweet meditation to bring in the energy of Egypt.

A Very Brief History of Ancient Egypt

No one knows when the Egyptian civilization began, just as no one knows for sure who built the Pyramids and why and when the Sphinx was built. The most important historical information you need to know about spiritual Egypt is as follows. These are the things that we know from written history:

- Originally there were two parts of Egypt, Upper and Lower Egypt.
- The two parts were brought together around 3000 BC and after that time the double crown was always used by the Pharaoh (and is depicted in numerous carvings in temples and tombs).
- **Cheops** (also known as Khufu)(2589-2566 BC), believed by historians to be the builder of the Great Pyramid (I don't believe it).
- **Djoser** (2691-2695 BC), built the Steppe Pyramid, constructed by his architect and scribe, **Imhotep**.
- **Hatsephut** (1473-1458 BC), a female pharaoh, she reigned as a pharaoh rather than a queen. She even wore the traditional pharaoh's beard. She has an incredible funerary temple in Luxor that we visit on our trip each year (see the photo below which was taken during our hot air balloon ride over this amazing place).



Hatsephut's Funerary Temple in Luxor

- **Thutmose IV** (1400–1390 BC), Thutmose had a dream where the Sphinx came to him and begged him to unbury her and that if he did so, she would make him Pharaoh. The sand had buried her up to her neck, and he excavated her front paws. He became Pharaoh.

- **Akhenaten** (1353 BC-1335 BC) Akhenaten was the Pharaoh who attempted to introduce the worship of one god “Aten”. He was married to Nefertiti, who is famous because we still have the sculpture of her beautiful face. Tutankamun (“King Tut”) was Akhenaten’s son, and upon his ascension to the throne, Tutankhamun reinstated the worship of all the many gods and goddesses and abandoned the worship of just one god.



Akhenaten



Nefertiti

- **Seti I** (1294-1279 BC) was a very powerful and important Pharaoh, who built the Temple of Abydos (on top of a more ancient temple, the Osirion), both of which we visit on our tour.

- **Ramses II** (1279-1213 BC) was the son of Seti I and reigned for over 60 years. He is believed by some to be the Pharaoh at the time of Moses. He built the incredible temples at Abu Simbel which are a must-see when you go to Egypt. His favorite wife was Nefertari (different than Nefertiti).

- **Alexander the Great** conquered Egypt in 332 BC. Upon his death, his empire was divided among his generals and Ptolemy I was given Egypt. This started the reign of the Greeks over Egypt and would eventually lead to Cleopatra, who was a Ptolemy. The Greeks wisely did not impose their own gods and goddesses upon the Egyptians, but rather incorporated them. Some of the most beautiful temples were built by the Ptolemies, including the Temple of Hathor at Dendera, which we visit each year on our tour.

- **Julius Caesar** conquered Egypt in 47 BC and established Cleopatra on the throne along with her brother. In 31 BC, Caesar had a son with Cleopatra. Cleopatra then fell in love with Mark Antony and in 30 BC they revolted against Caesar, but the revolt was put down and both Cleopatra and Mark Antony committed suicide. The Romans continued to rule Egypt until it was conquered by Persia and then the Arab empire in the 600 AD era.

Who Built the Pyramids and How and When and Why?

If anyone tells you or if you read anywhere ‘here is how the Pyramids were built and here’s who built them and here’s when they were built’, they are not telling you a truth that is based on anything other than speculation. The true answer to that question is that absolutely no one knows for sure based on anything that can be proven.

And the reason I am saying that is that we have absolutely no written history of the Pyramids, the first writings about them that still exist were written by Herodotus in the 4th century BC, so he wrote this 2000 years after the Pyramids were supposedly built. Historians throughout the centuries have continued to repeat what Herodotus wrote. Plus, some of the history has been configured with beliefs that the world is only 6000 years old. So, if you believe that, the Pyramids or Sphinx can’t be older than 6000 years if the Earth isn’t!



The Great Pyramid

The traditional history of the **Great Pyramid** says that it was built by the Pharaoh Cheops in 2500 BC and that he built it as a tomb for himself.

Now here's what you need to know:

- Nothing in writing exists to substantiate this.
- All the other tombs that you see in Egypt are full of drawings and carvings and beautiful colors (the Pyramid has no drawings or carvings).
- No mummy was ever found inside the Great Pyramid.

Some Egyptologists will tell you that in one generation the Egyptians went from being dirt farmers to building this amazing structure which is one of the most incredible things you will ever see. It's the only one of the Seven Wonders of the Ancient World that is still in existence.

The Pyramid is built in such a way that it is completely aligned with True North. Scientists did not have the knowledge of how to do something like that until much, much later after the Pyramids were built. How were the ancient Egyptians able to do this?

The Pyramid also lies in the exact center of all the land area of the world, dividing the earth's land mass into approximately equal quarters. That is staggering! What does it mean? What is the significance of that? It's anybody's guess, but it tells me that the Pyramid occupies a very special

place and that whoever built it knew things that our civilization didn't know until many hundreds of years later.

The stones fit together so well there is no mortar in between them. They are cut so precisely, it looks as if they were cut with lasers. Yet we are asked to believe that they were cut with hammer and chisels.



The Stones of the Great Pyramid

There are over 2,300,000 blocks of limestone and granite in the Great Pyramid and they are so huge. The average block weighs 2.5 tons and none weigh less than 2 tons. Some of the stones are so big that there is only one crane on Earth right now that can lift it and it's broken!

In the **King's Chamber**, there are slabs of granite that they know are from Aswan. Each slab weighs 9 tons. Aswan is an 8 hour train ride away from the Pyramid.



Sarcophagus in the King's Chamber

I'm sorry, but I don't believe that 10,000 slaves with ropes and pulleys brought those slabs of granite up from Aswan.

I don't believe that the stones were cut with chisels.

So what do I believe? Well, there are a lot of theories -- Aliens, inter-dimensional beings, an earlier race that was similar to that in Atlantis or Lemuria -- and my ideas have changed so much over the years.

One of the most interesting concepts of the ancient Egyptians is that they very much believed in the concept of "as above, so below". For example, they believed that the Nile was a reflection or a "mirror" of the Milky Way. Many people believe that the three pyramids of Giza are situated as to reflect Orion's belt.

What I do know is, whoever did build the Pyramids had:

- A very extensive knowledge of astronomy.
- Were able to cut huge stones with laser precision.
- Were able to lift huge stones and move them (and remember the only thing we have right now that can do that is a crane that doesn't work).
- They were able to fit the stones together so precisely that in some places you can't even put a piece of paper between them.

Who was it? After all these years, I'm still not sure. But I love speculating and discussing it!



The Sphinx

The **Sphinx** is such an amazing structure. It is so incredible to stand there and look up into that inscrutable face.

Again no one knows who built the Sphinx or when; there are no documents that will tell you that.

So that is the question – who built it? Why? And When?

Traditional Egyptologists will tell you that it was built around 2500 BC, but now people like John Anthony West and Robert Bauvall tell a much different story.

It's obvious that the Sphinx structure has been greatly affected by erosion, but for years scientists assumed it was from wind erosion. Now there are some geologists (in particular, Dr. Robert Schoch, a professor from Boston University) who have been studying the Sphinx. Dr. Schoch's conclusions are that the erosion is caused by water from torrential rains pouring down in sheets. Now here's the really incredible part - the last time there was sufficient precipitation in the region to cause this pattern of rainfall erosion on limestone was around 9000 years ago, or 7000 BC.

And then you can read the work of Graham Hancock who uses astronomy to say that based on the orientation of the Sphinx, that it is 10,500 years old. He uses this date because this was when the 'lion' constellation would have risen (at dawn before the sun) on the day of the spring equinox.

This event brought the celestial lion to rest due east, in perfect alignment with the Sphinx. We do know the ancient Egyptians aligned everything perfectly with the stars, so that alignment would result in the Sphinx being 10,500 years old.

It appears the Sphinx is much, much older than the traditional Egyptologists say it is and we definitely don't know who built it or why.

Why is there an image of a tank, a helicopter and a submarine on one of the walls of the Temple at Abydos?

There is an incredible, beautiful temple in Egypt called the Temple of Abydos and we go there every year to see this amazing place.



Temple of Abydos

The **Temple of Abydos** is built on top of the **Osirion** – a much older temple built by Seti I, the father of Ramses II. Historians now believe Ramses II may have been the pharaoh in the time of Moses, so it was a long time ago, about 1200 BC. We do know for sure that the Temple of Abydos was begun by Seti and completed by Ramses II because we have the written records.

The story of the temple of Abydos is so amazing and there is a wonderful book about the temple and Seti I and past lives called “*In Search of Om Seti*”. It’s one of my favorite Egypt books of all time.



One of the rooms in the Temple of Abydos - These are the original colors

So we also know for sure, that the Temple of Abydos was built on top of another temple that is far more ancient - the Osirion, named in honor of the god Osiris.



The Osirion

One of the first things that is so interesting about the Osirion, which again, no one knows who built it, or when it was built, or why, is that it has striking similarities to the Great Pyramid and to the Valley Temple, which is the temple that is right next to the Sphinx.

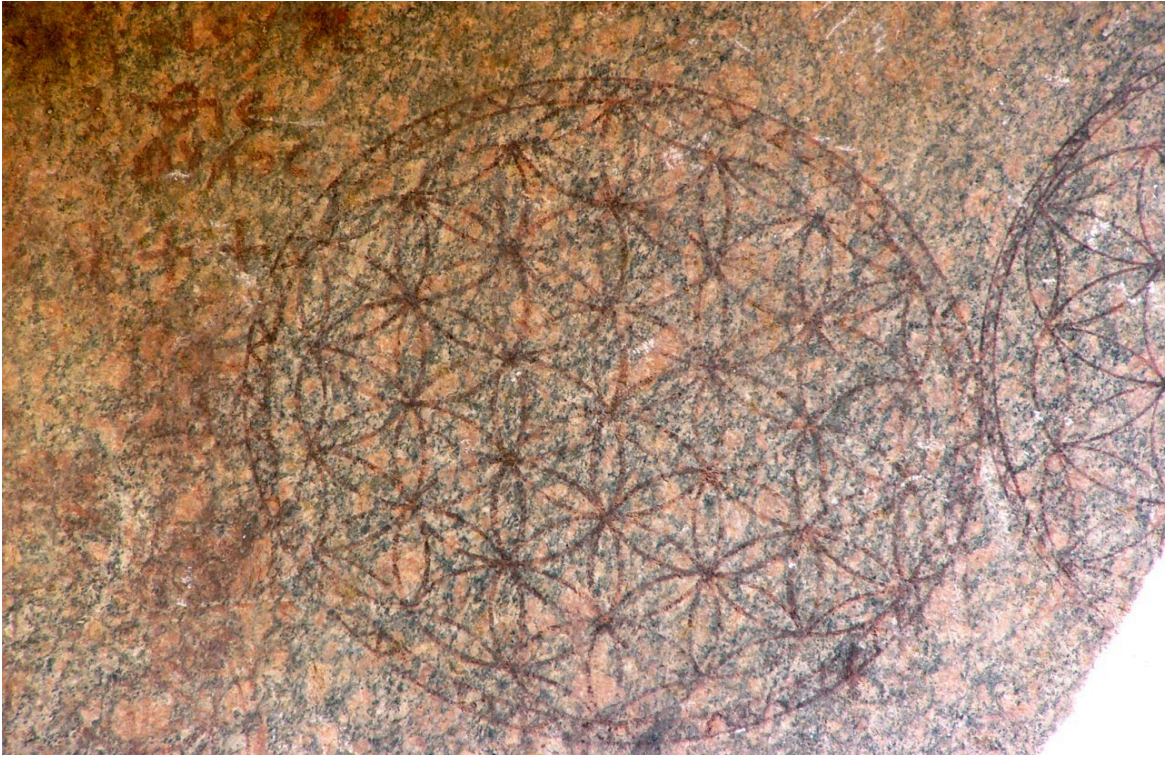


Valley Temple

First, all three of these places are constructed of huge stones. They fit together in the most incredible and precise way. There is no mortar, they are simply fitted together perfectly.

Also, all three of these places are completely unadorned. They don't have the beautiful carvings that you find in other Egyptian temples or the beautiful colors. They are very simple, but magnificent.

It's at the Osirion that you find the **Flower of Life**, that is so important in the work of Drunvallo Melchizedeck. It is believed to be an element of sacred geometry and can be found in very many of the major religions of the world. It represents the most basic structure of life, literally the patterns of creation.



The Flower of Life

This is a photo of the Flower of Life from the walls of the Osirion. Amazingly, this is not painted on the stone, nor is it carved. It appears to me to have been lasered into the stone.

In addition to the Flower of Life, one of the most amazing, far out things about the Temple of Abydos is that carved into the wall are what are unmistakably, a helicopter, a tank and a submarine.

Here are the pictures. And when you see these in the Temple it's unmistakable. So again, what are carvings of a helicopter, a tank and a submarine doing in an ancient Egyptian temple?



Helicopter (at the top), tank and submarine? Temple of Abydos

These were first discovered by Westerners in 1848. At that time, they just thought they were weird and nobody knew what they were. But in the 1990's the photos started showing up on the Internet and that's when the debate began.

It's funny, one of the explanations I received about this from a traditional Egyptologist is that when restoration was done on the temple not that many years ago that these were put in by the workmen as a prank. But then I found out that the first recordings of people finding these carvings was in 1848. That was long before we had tanks or helicopters! And why is this the only temple in Egypt where we've been punked?

So what is this? Who knows? It's Mysterious Egypt again, being the enigmatic mystery that she is. And even though after all these years and after going to these places so many times and after reading so many books about all of this, the fact remains that I still don't know just continues to intrigue me. And I love talking about all the theories and getting other people's opinions, another one of the fun things we do on our trip each year.

Other Important Places in Spiritual Egypt



Hypostyle Hall in Karnak

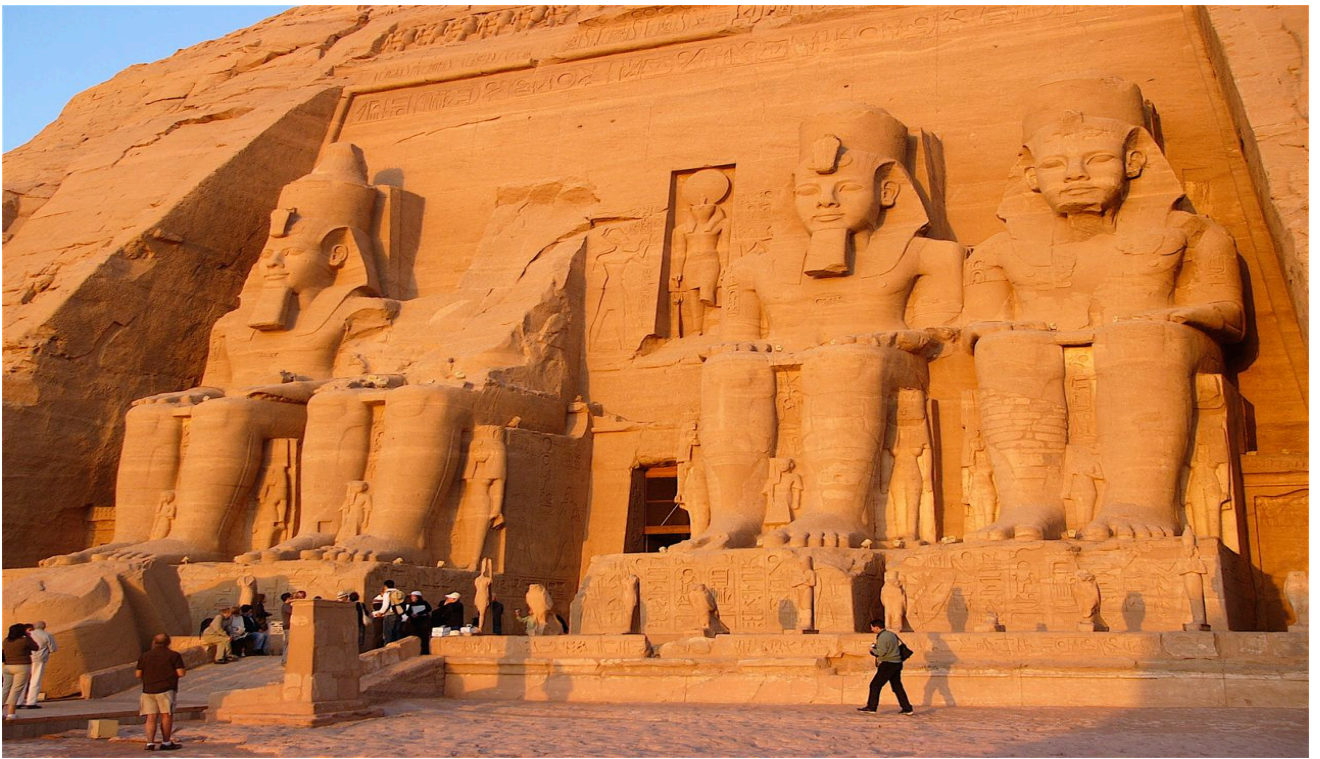
Karnak is the largest temple complex ever built by man, and represents the combined achievement of many generations of ancient builders over a span of 2200 years. The Temple of Karnak is actually three main temples containing smaller enclosed temples, and several outer temples all situated on 247 acres of land. It is in the modern-day city of Luxor. This is always a highlight of our tour each year.



Luxor Temple is so incredibly beautiful and leads down from the Karnak Temple by the Avenue of Sphinxes. It contains huge statues of Ramses II and an incredibly beautiful obelisk at its entry. We visit this Temple at night when it is lit and it is other-worldly. It's at this temple that almost everyone gets orbs in their photos (round energetic light that have many different explanations); we now refer to the Luxor Temple as “Orb Central”.



**Obelisk & Statues of Ramses II
Temple of Luxor**



Abu Simbel can only be reached by plane or bus (we go by plane). It boasts the largest statues in the world, 4 large statues of Ramses II. Next to it is the beautiful and serene **Temple of Nefertari** (Ramses' favorite wife).



Some of our group at the Temple of Nefertari in Abu Simbel

Incredibly, these temples were submerged when the Aswan Dam was built and have been completely restored by a Unicef project. The project was quite amazing and took place over 4 years, from 1964-1968. Everything was cut into large blocks and all the blocks were numbered. They determined exactly where they could move the temple and still have the amazing lighting effects that happen at sunrise, and then re-assembled all the blocks. It was a spectacular feat and it's impossible to detect that the temples have been moved no matter how closely you look. I especially love how at the Temple of Nefertari, the statues literally look as though they are walking out of the stone mountain.



Isis Temple at Philae – Isis is the Mother Goddess, the Mother of all Mothers, and this beautiful Temple on the island of Philae has the most beautiful, serene energy, as well as beautiful carvings of the Goddess Hathor. I love visiting this place each year, it is always one of the highlights for me. We take a boat to the island and it is so incredibly beautiful as we round the turn and see the temple in the distance. And amazingly, this is another temple which was submerged because of the Aswan Dam and was dismantled, moved and relocated about 50 yards away from its original location. All the time retaining its original perfection.



Hathor Temple at Dendera – Built during the Ptolemy period, this temple is dedicated to the Goddess Hathor, the goddess of love, music, creativity, fertility and the temple arts. Hathor is the wife of the falcon god, Horus. Her beautiful face adorns the columns and the complex is incredibly beautiful.

The temple is in the process of being restored – centuries of grime and smoke are being cleaned and they are finding the most incredible colors. Amazingly, these are the original colors that were put there thousands of years ago. It's so wonderful to go each year and see more of the beautiful temple revealed.



The beautiful colors in the Hathor Temple at Dendera



Horus Temple at Edfu – Horus (the son of Isis and Osiris and husband of Hathor) is the falcon headed God. This temple is spectacularly beautiful and the Holy of Holies has some of the most beautiful carvings in all of Egypt.



Holy of Holies in the Horus Temple



Temple of Kom Ombo

Kom Ombo is one of the lesser known, but absolutely spectacular temples in Egypt. It sits directly on the Nile, so as we approach in our Nile

cruise ship this beautiful temple comes into view. Unlike most other temples in Egypt which are commonly dedicated to one god, Kom Ombo has two separate and distinct parts and is dedicated to two gods, Horus and Sobek, the crocodile god. The reliefs in this temple are masterfully carved and depict some amazing scenes, especially in the field of medicine. The scenes even seem to indicate that the ancient Egyptians did some type of brain surgery. There were hundreds of mummified crocodiles found here and some of the most interesting ones can be seen in the Crocodile Museum, adjacent to the temple.



The Serrapium

The Serrapium is a spectacular tomb that is underground and huge because it contains so many tombs. The ancient Egyptians worshipped the

apis bull. They were selected by the priests based on their lineage and special markings. The bulls were massive and upon their death they were mummified and buried in these enormous tombs. The Serrapium was closed for over 10 years for restoration and now it is one of the most awesome things we see on our *Return to Egypt* tour each February. And by “awesome” I don’t mean the word that so many people over-use. I mean it this place inspires awe! The energy is completely other-worldly, like something from a different dimension.

THE MAJOR GODS AND GODDESSES OF ANCIENT EGYPT

The ancient Egyptians believed in many, many gods and goddesses (some historians say over 700) and spirituality was a huge part of their lives. The gods and goddesses were included as a major part of every aspect of everyday life -- their work, their relationships, their bodies, their health, their worship.

The Egyptians lived their lives with the idea that the after life was most important, that our life on Earth was to be spent in preparation for the after life. It was important to be a good person on Earth so that you would attain everlasting life and be allowed into the after life to live among the gods and goddesses.



The Ankh

This is the ankh, the sacred symbol of life for the ancient Egyptians. See how similar it is to the Christian cross. The Egyptians also call it the “key of life” and it is considered to be a symbol of good luck.



Osiris

Osiris was married to Isis. Osiris was murdered by his brother Set before he and Isis had any children. Set murdered Osiris and cut his body into 13 pieces and scattered them throughout Egypt. Isis practiced the healing arts and magical arts and in her grief she decided to find all the body parts of Osiris and bring them back together. She used her magic in such a way that she conceived her son Horus, so literally a situation of a virgin birth.



Isis

Isis is the Mother Goddess, the mother of all mothers. She is the embodiment of the Divine Mother. Her incredible temple at Philae is a stunningly beautiful place and the energy there is very special. Isis is very often pictured holding Horus and suckling him, reminiscent of the many pictures of the Madonna and the Christ Child.



Isis & Horus



Mary & Jesus



Horus is the son of Osiris and Isis. He is the god of protection. He is also the god of the East and of the sunrise. He was married to Hathor. Like Jesus, he is the result of a virgin birth and he is also the son the Father God.

Above is a picture of me standing in front of the famous Horus statue at the Temple of Edfu. I feel such a closeness with him. His wings of protection are available to all of us.

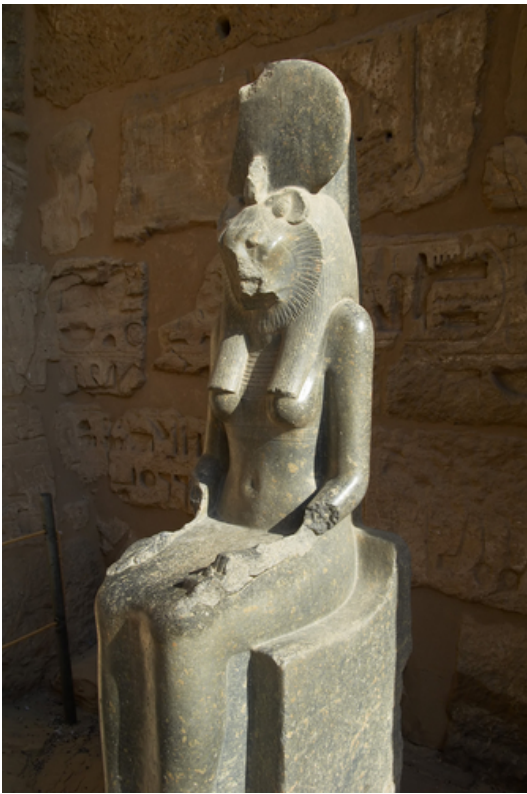


Eye of Horus is a very common depiction throughout Egypt, especially in the temples and tombs. It is a symbol of protection.



Hathor

Hathor is one of the most wonderful of the goddesses of ancient Egypt. She is the goddess of love and music and the temple arts. She is the goddess of fertility and creativity. She is usually pictured with the face of a woman and the ears of a cow. Her face is so serene and beautiful.



Sekhmet is one of the most important of the ancient Egyptian goddesses. Sekhmet is the goddess of anger and rage, of righteous anger. She is always depicted with the body of a woman and the head of a lion. At one time, Sekhmet became so angry she started to destroy the entire world (similar to the story in the Western tradition of the flood destroying all mankind). Luckily, Hathor was able to stop her. Sekhmet is like the mother lion, capable of fierce protection of all her children.



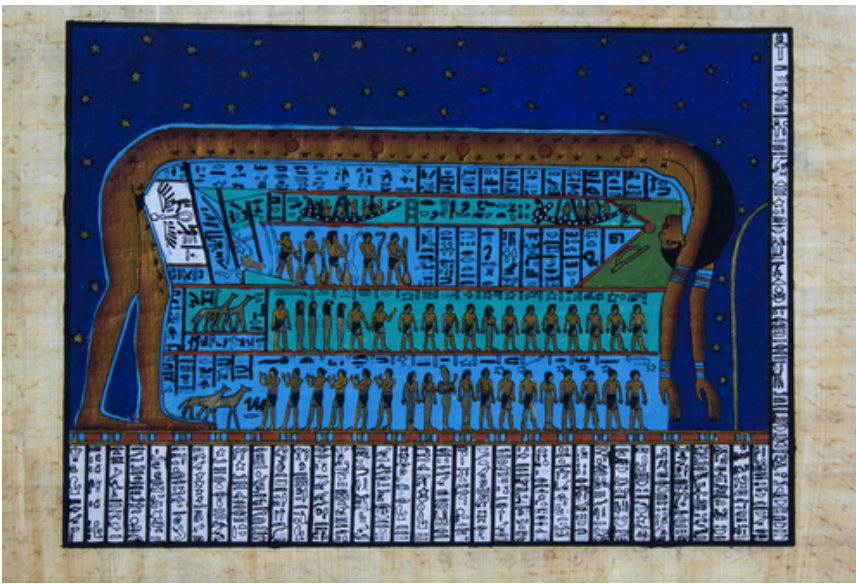
Bast

Bast is the goddess of fun and pleasure and is always pictured as a cat. She was the daughter of Ra, the sun god. She helps to bring in that playful aspect of ourselves. In ancient Egypt, cats were worshipped and many mummified cats have been found (you can see them in the Egyptian museum, along with mummified crocodiles, bulls, dogs and horses).



Thoth

Another important male god is Thoth. Thoth is always pictured with the body of a man and the head of a bird. Thoth is the god of communication, of writing and knowledge. According to legend, it was he who brought in hieroglyphics and all forms of communication onto the planet.



Nut

Nut is the beautiful goddess of the night sky. The legend is that every night she swallows the sun (you can see the red ball going into her mouth in the picture above) and then each night it travels through her body and every morning she gives birth to it again. Ouch! This depiction is one that you see all over Egypt, especially in the lids of the coffins. One of the most beautiful depictions of this is in the Tomb of Ramses VI in the Valley of the Kings; the tomb is closed to the general public, but we arrange for a special entrance for our group to see the tomb every year on our tour. It's so incredibly beautiful.



Maat

Maat is the goddess of truth and justice and is always pictured with a headdress made of a feather. The ancient Egyptians believed that after we die we are judged with the weighing of our heart. The heart is weighed against the weight of Maat's feather. If your heart is heavier than the feather, you are fed to the crocodiles to be devoured. But if your heart is lighter than a feather, you join the other gods and goddesses in the Heavenly afterlife.



Sphinx

Many consider the Sphinx to be a goddess, as she has the face of a woman. Actually for the ancient Greeks, the mythical Sphinx had breasts and the paws of a lion. The Sphinx is associated with the mother Nile and the rising and setting sun and the Wisdom Gates. She is also the protector of the Great Pyramid. Many people don't realize that the Sphinx is just next to the Great Pyramid; to experience these two iconic structures together for the first time is, quite simply, mind-blowing.



Aten

One of the most fascinating aspects of the ancient Egyptian gods and goddesses is the Sun God Aten. Particularly because during the reign of the pharaoh Akhenaten, Akhenaten tried to abolish all the other gods and goddesses and establish Aten as the one true god. It is believed this is the first time that humans worshipped a single deity. Aten was the all powerful, the sun god and is represented as the solar disc. This is a papyrus of Akhenaten worshipping Aten. Akhenaten was not successful in permanently establishing one god, the priests in Egypt were too powerful and too politically entrenched and had too much to lose if they were forced to close the temples to the other gods and goddesses. So after Akhenaten's death, the priests were able to influence his young son to go back to the old ways. And who was his young son? It was Tutankhamun, King Tut. His original name was Tutankhaten, but the priests changed it back to Tutankhamun, because they did not want the association with the name of Aten.

Bringing in Egypt

Do you feel a connection with ancient Egypt? I have met so many people over the years who feel like they have a huge and important connection to this amazing place. Are you one of those people? Is Egypt on your 'bucket list'? If so, as my gift to you, you can download a beautiful meditation called "Bringing in Egypt" by [Clicking here](#). It's short (just 9 minutes), but it will connect you with the energy of ancient Egypt and help you put in your order to the Universe to come on our next trip!

Join me in Egypt

Every year during the last two weeks of February, it's my honor to take a group of spiritual travelers to Egypt. We see and experience the Great Pyramid, Sphinx, Karnak, Abu Simbel, Luxor, Abydos, Osirion, the Serrapium, the Hathor Temple at Dendera, all the amazing places we've been talking about. We go to the Cairo Museum to see the complete King Tut exhibit plus all the other amazing treasures that are there. We do ceremonies and meditations to connect in with the incredible energies at these fantastic places. We even have two hours of private time just for our group inside the Great Pyramid. Here's a picture from one of those ceremonies.



We also do a 5 day cruise down the Nile, stopping at the temples along the way, including Kom Ombo, the Horus Temple at Edfu and the Isis Temple at Philae.

We stay at 5 star hotels and there is even a Pyramid view available! Here's a picture from my hotel window from one of our previous trips. It's so incredible to look out and see the Pyramids!



Our cruise ship on the Nile is 5 star plus and is absolutely fabulous.

After traveling to Egypt for so many years, I have discovered that late February is the perfect time to be in Egypt – the weather is warm, but not crushingly hot as it is in the other times of the year. **Our next trip is February 16-March 1, 2015.**

And the best part is that everything is taken care of for you! The tour price is virtually all-inclusive. It includes round trip air from New York JFK to Cairo (non stop – many tours route you through Europe and add 5 hours to the travel time in order to save \$\$), 3 flights within Egypt, 3 meals each day, 5 star hotels, 5 day – 5 star Nile cruise ship, all transportation, all entrance fees to all the sites, even your tips and also travel insurance. I have worked with my Egyptian travel partners since 1995 and they are the best! Our

Egyptian guide not only reads hieroglyphics, he knows absolutely everything about Egyptian history as well as all the alternative, “far out” explanations for so much of what we see.

And there is nothing like traveling with other like-minded individuals. There is something about traveling to these special places with others who are “into” all of this. Also, don’t worry if you don’t have someone to travel with. While lots of couples come, we also have lots of people who come on their own. And what usually happens is that within 48 hours everyone is in love with each other, making friends that last a lifetime.

And we also just have a lot of FUN! Being together, cruising the Nile, talking, laughing, connecting. One of the fun things we do on our Nile Cruise is a galabaya party – a night where we ‘dress like an Egyptian’, dance and party. Two of our people met for the first time on this trip and one year later they were married, two years later they had a daughter (named Kaira in honor of Cairo) and they now have a little son. How’s that for connecting? Here’s a picture of them on our Galabaya Night.



If you'd like more information on the trip [Click Here](#) to go to our web site or call me at **877/204-3664** (toll-free US and Canada). As you can tell, I love talking about Egypt! You can also send me an email at debra@SedonaSoulAdventures.com and I'm happy to answer any of your questions.

You can also download a **brochure** of the trip – [Click Here](#). Showing this to your spouse or partner or friend might just do the trick!

And I hope you will give yourself the precious gift of this sacred journey. Listen to the meditation, *"Bringing in Egypt"* more than once. It has an interesting way of helping people manifest this dream trip. [Click here](#) to download the free meditation.

For our **Day to Day Itinerary** – [Click here](#).

For all the info on all-inclusive **Pricing** – [Click here](#).

I hope to connect with you in Egypt!

Many blessings,

Debra

Debra Stangl, Founder, Sedona Soul Adventures



About Debra Stangl

Debra went to Egypt for the first time in 1983 and it was a life changing experience. She returned again in 1995 and 2000, both times traveling as part of a spiritual group with the founder of Guardian Travel, Ahmed Fayed, and both times thinking that would be her last trip to Egypt. After founding Sedona Soul Adventures in 2002, Debra added group trips to Egypt as an integral part of the work of SSA and has returned each year since then, bringing spiritual pilgrims to experience the wonder of this place.

Debra is an example of how life is full of second chances. In 1999, she was a divorce attorney in Omaha, Nebraska, hating her work, depressed, 40 pounds

overweight and in an unhappy marriage. Through a strange set of circumstances, she came to the spiritual mecca of Sedona, Arizona for the first time, and experienced a spiritual re-awakening that changed her life. She closed her law practice and over the next three years, traveled back to Sedona over and over again, doing her own personal healing work with the amazing practitioners who have been drawn to Sedona from all over the world.

In 2001, just two weeks before 9/11, Debra received the message that she was supposed to move to Sedona. She followed the instructions, and six months later started Sedona Soul Adventures. Drawing from her own personal experience of coming to Sedona to heal, Debra realized that the healing came from utilizing the unique energy of Sedona and working one-on-one with different practitioners on different aspects of her healing process. Through the vehicle of Sedona Soul Adventures, she developed the completely unique process of deeply transformational, customized retreats for individuals and couples. Since then, the lives (and relationships) of thousands of people have been transformed through the work of Sedona Soul Adventures. In 2013, **Guidedocs** named Sedona Soul Adventures as the #1 Couples Retreat in the U.S. [Click here](#) for more information on Sedona Soul Adventures' customized spiritual retreats.

In the past 10 years, Debra has also developed a unique process called Transformational Life Coaching, which combines traditional forms of personal coaching with intuition and vibrational alignment. The result is that her clients have had huge transformations in every area of their life – including work and careers, physical health and well being, personal relationships, money, and all other aspects of their lives and relationships.

In addition to trips to Egypt, Debra also leads group trips each year to Peru (always celebrating the June 21 Solstice at Machu Picchu) and coordinates trips to Bali, allowing participants to connect with the energies of these sacred places. [Click here](#) for more information on these sacred journeys.

Debra received her Bachelor's Degree in Theatre and Dance from the University of Iowa in 1974. After that she lived in Washington, D.C. and was the personal assistant to Congressman Edward Mezvinsky, who was on the Judiciary Committee during the Watergate proceedings (and is now Chelsea Clinton's father-in-law). Next, she was the personal assistant to former Supreme Court Justice Abe Fortas, who encouraged her to go to law school. Debra graduated from Creighton Law School in 1979 and practiced law in

Omaha, Nebraska. During that time, she was an advocate for women and children and wrote the “Children’s Trust Fund Act”, legislation which funds programs for the prevention of child abuse. For her efforts she was named one of 10 “Outstanding Young Omahans” in 1982 and the “Outstanding Young Nebraskan” by the state-wide Nebraska Chamber of Commerce in 1983. Debra practiced law for 20 years before her spiritual re-awakening led her to leave her practice and ultimately to Sedona.

Since founding Sedona Soul Adventures in 2002 and helping thousands of people transform their lives, Debra writes and speaks on how it is possible to live a life of joy and ease and purpose.